

## Crisis Intervention Teams: CIT for Youth



Marianne Halbert, J.D.  
NAMI Indiana Criminal Justice Coordinator

---

System of Care Quarterly Meeting, April 1, 2013

## CIT – Crisis Intervention Team GOALS:

- Dramatically decrease the number of persons who suffer from mental illness being brought into our jails/prisons
- Increase safety for the officer, the individual in crisis, and the community
- Increase access to treatment and community partnerships

## Origins

- Developed in 1998 in Memphis, TN by Major Sam Cochran
- REASON – A man suffering from schizophrenia was killed in a police action shooting
- Public outcry
- Major Cochran recognized first responders needed better training

## What is CIT?

- 40 hour training over 1 week
- Covers a variety of mental illnesses, their signs & symptoms
- Officers learn active listening and de-escalation techniques to resolve a crisis
- Role playing
- Observation on a Crisis Unit

## A Novel Approach

- Typically officers are trained in the force continuum
- Forcefully approaching someone who is paranoid or manic might actually escalate the situation – the officer could make the situation worse
- Active listening, slowing things down, building trust, are valued over a quick resolution

## IMMEDIATE DETENTION

- I.C. § 12-26-4-1. Authority of law enforcement officer to apprehend and charge individual  
A law enforcement officer, having reasonable grounds to believe that an individual is **mentally ill, dangerous**, and in immediate need of hospitalization and treatment, may do the following:

## IMMEDIATE DETENTION...

- (1) Apprehend and transport the individual to the nearest appropriate facility. The individual may not be transported to a state institution.
- (2) Charge the individual with an offense if applicable.



## I.C. 12-7-2-130 Mental Illness

"Mental illness" means the following:

(1) For purposes of IC § ... 12-26, a psychiatric disorder that:

(A) substantially disturbs an individual's thinking, feeling, or behavior; and

(B) impairs the individual's ability to function.

The term includes mental retardation, alcoholism, and addiction to narcotics or dangerous drugs.

## I.C. 12-7-2-53 Dangerous

"Dangerous", for purposes of IC § 12-26, means a condition in which an individual as a result of mental illness, presents a substantial risk that the individual will harm the individual or others.

## House Enrolled Act 1130

Would add “gravely disabled” to the Immediate Detention Statute, so an individual believed to be mentally ill, dangerous **or gravely disabled**, and in need of immediate hospitalization could be the subject of an Immediate Detention.

(as of March 21, 2013, it has passed both the House and the Senate and has been sent to the Governor for signature. If it becomes law, it will go into effect July 1, 2013.)

## I.C. 12-7-2-96 Gravely Disabled

"Gravely disabled", for purposes of IC 12-26, means a condition in which an individual, as a result of mental illness, is in danger of coming to harm because the individual:

(1) is **unable to provide** for that individual's food, clothing, shelter, or other essential human needs; or

(2) has a substantial impairment or an obvious deterioration of that individual's judgment, reasoning, or behavior that results in the individual's **inability to function independently**.

(emphasis added)

## The Officer's Statement

- I.C. § 12-26-4-2. Statement of law enforcement officer -- Contents  
A law enforcement officer who transports an individual to a facility under section 1 [IC 12-26-4-1] of this chapter shall submit to the facility a written statement containing the basis for the officer's conclusion that reasonable grounds exist under this chapter.

## CIT for Youth

- Manual – 1<sup>st</sup> Edition, July 2011
- It's a resource and guide, but you should adapt a program that best serves your community
- [www.nami.org](http://www.nami.org)
- Copyright 2011 NAMI

## Why do we need CIT for Youth?

- **70%** of youth in the juvenile justice system have one or more psychiatric disorders
- Only **20%** of youth with mental illness receive appropriate treatment
- **50%** of youth with a mental health condition drop out of school

## Build Community Partnerships

- Law Enforcement – School based officers/School Resource Officers
- Families and Youth – Parent and Caregivers
- School Personnel – Principals, Teachers, Counselors, etc.
- Community Mental Health Providers

## Form a Steering Committee

A Planning Group to:

- Set Priorities
- Provide Guidance on key issues
- Review, monitor and launch the program



## Asset Mapping

Create a “Map” of the Resources in your community

- Existing Youth & Family Services
- Resource challenges & gaps
- Potential areas for collaboration among stakeholders

## Planning and Coordinating

- Nuts and Bolts for implementing CIT for Youth
- Developing written guidelines
- Answer the “who, what, where, when & how”
- Division of roles & responsibilities

## CIT for Youth Training

- Instruction on topics important to your community
- Interactive components to engage participants
- Significant time dedicated to role-playing and practicing skills

## Curriculum

- No need to re-invent the wheel
- Visit [www.nami.org/citforyouth](http://www.nami.org/citforyouth)
- For officers with no previous CIT training, offer 40 hours
- For CIT trained officers, hours targeted toward youth issues
- Audience can include SROs, school administrators, teachers, counselors

## Curriculum Topics

- Child & Adolescent Mental Illness
- Suicide, self-injury, eating disorders, school violence
- De-escalation strategies
- Legal issues
- Family & Youth perspectives
- Connection to community mental health resources

## First CIT for Youth in Indiana

The first CIT for Youth training in Indiana took place in June 2012 in Indianapolis, through the work of IMPD, NAMI Indianapolis, and other community partners.

## More than training

- CIT for Youth is not just training
- It is a philosophy and **culture change** within a school system
- It is a program
- CIT SAVES LIVES!

## THANK YOU!

Let us know if we  
can be of assistance!

*Find help. Find hope. Find NAMI.*

[www.namiindiana.org](http://www.namiindiana.org)

[www.facebook.com/namiindiana.criminaljustice](https://www.facebook.com/namiindiana.criminaljustice)